



---

**Good or bad, we impact the environment every day with every single thing we do – whether it's what we eat, buy, decide, or do. Making simple, sustainable choices in our daily lives can contribute to great strides towards a healthier planet. The little things really do add up.**

---

### **USE ONLINE BANKING**

Sick of all that mail? Enroll in a paperless banking program - it's safe, convenient and green. If every US household viewed and paid bills electronically, the country would save almost a billion pounds of paper and avoid 3.9 billion pounds of greenhouse gas emissions. That's the same effect as 355,000 fewer cars on the road for a year.

### **USE A REUSABLE BOTTLE, THERMOS OR MUG**

Did you know that the average American office worker goes through 500 disposable cups every year? Break the cycle and replace your one-time use cup habit with a stylish and sustainable mug. And when looking for a bottle, make sure it's Bisphenol A (BPA)-free and recyclable. By using a reusable bottle, thermos or mug, you will not only save money but also save our planet's precious natural resources by cutting down the production and waste of trillions of cups, bottles and cans every year.

### **BRING REUSABLE BAGS WHEN YOU GO SHOPPING**

Every year Americans use over 100 billion plastic bags and only recycle 0.6% of them. These plastic bags don't biodegrade, they photodegrade - breaking down into toxic bits that contaminate soil and waterways and enter the food web when animals accidentally ingest them. Remember to carry a reusable bag with you - each one eliminates the need for hundreds, if not thousands of disposable bags over its lifetime.

### **BUY IT USED (AND DONATE TOO)**

Anything - furniture, clothing, electronics, cars, boxes - can be bought in good shape second-hand. You'll save money and reduce waste going to landfills. While you're at it, donate your unwanted clothes, furniture and electronics. Maximize the life of your unwanted goods by making them available to others.

### **RECYCLE YOUR ELECTRONICS**

In New York City alone, over 25,000 pounds of electronics are landfilled or incinerated each year. The Environmental Protection Agency (EPA) states that 40% of the lead found in landfills can be attributed to these discarded electronics. Prevent this pollution by recycling these items. Find a local retailer or program that will take your electronics.



## AVOID EXCESSIVE PACKAGING

About 33% of what we throw away is packaging. Try to buy responsibly packaged items.

## BUY THINGS THAT LAST

Buying a toaster that will last 10 years is a better use of money than buying a cheap one that will break in a year. Keep these things out of the landfills and think about longevity when purchasing big ticket items and remember to choose ENERGY STAR®-approved appliances.

## BUY LOCAL

On average, produce travels 1500 miles before it reaches your grocery store. Limit the distance that your food needs to travel from farm to plate and reduce the detrimental effects of food transportation on the environment. Greenmarkets across the city are a convenient and delicious way to buy local meats, dairy and produce. Look online for Community Supported Agriculture (CSA) in your area.

## EAT ORGANIC

Organic produce contains far fewer chemicals than other produce. They're better for your health, and certainly better for the environment. These chemicals get washed into our rivers and streams, polluting our source of water. Also, many of these chemicals are made from petroleum and other non-renewable resources... so, why eat chemicals when you can eat real food?

## GET A LIBRARY CARD

Save money and trees by borrowing books from the library. They not only have the latest best sellers and all the classics, but also movies, music and magazines. The New York Public Libraries are some of the best in the nation. Find your local library at [nypl.org](http://nypl.org).

## CALCULATE YOUR ECO-FOOTPRINT

Take a few minutes to determine your affect on the environment, discover your main areas of resource consumption, and map out the appropriate lifestyle changes to reduce your impact. Evaluate your household emissions and overall lifestyle at [footprintnetwork.org](http://footprintnetwork.org).

## RECYCLE

Everyday, nearly four and a half pounds of waste are discarded by the average New Yorker - this adds up to more than three-quarters of a ton per year! Take action to reduce this number by following the three R's: Reduce, Reuse, Recycle. For more information visit [nyc.gov/nycwasteless](http://nyc.gov/nycwasteless).